

Light as a Feather Whole Wheat Pancakes

Makes: 12 Servings

Ingredients

1 1/3 cups whole wheat flour
1 1/2 teaspoons baking powder
1/4 teaspoon salt
1/4 teaspoon baking soda
1 egg, large
1 tablespoon brown sugar
1 1/3 cups buttermilk, 1%
1 tablespoon oil

Directions

1. Preheat griddle. In medium bowl, stir or sift dry ingredients together.
2. In a separate bowl, beat egg, buttermilk, brown sugar and oil together. Stir into dry ingredients just until moistened; batter should be slightly lumpy.
3. Pour 1/4 cup batter for each pancake onto sprayed or seasoned hot griddle.
4. Flip the pancake when bubbles appear on surface; turn only once.

Notes

Note: Modification to

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|-----------|---------------|
| Total Calories | 80 | |
| Total Fat | 2 g | 3% |
| Protein | 3 g | |
| Carbohydrates | 12 g | 4% |
| Dietary Fiber | 1 g | 4% |
| Saturated Fat | 0 g | 0% |
| Sodium | 170 mg | 7% |